

The background is a light blue color with scattered illustrations of pink and red flowers, green leaves, and several decorated Easter eggs. One egg is orange with a white scalloped band and a blue bow. Another is teal with white wavy lines. A third is yellow with white flowers. A fourth is blue with white and yellow patterns. A fifth is red with white hearts. In the bottom left, there is a white rabbit with pink cheeks and a red tongue. In the bottom center, there is a yellow basket with a white scalloped rim containing three decorated eggs. In the bottom right, there is a yellow chick with a white heart on its chest and a red beak.

ISSUE 70

THE

NOTICEBOARD

Happy

Easter

Editor's Note

I'm slightly in shock that I'm putting not only April's edition together but also it's the Easter Edition! The year seems to be flying by already. We have a fab edition for you this month, filled with plenty of articles about the community. As always, if you have any exciting stories to share it would be great to hear from you. The more stories the better! Just send them over to thenoticeboard_fcc@outlook.com along with a name to attach to the article if you so wish.

The next edition of The Noticeboard will be due out on the **4th of June** with the **deadline being the 23rd May**. After the June edition, The Noticeboard will go back to monthly over the summer as I will be on holiday from Uni. I will then see how much work I have from September as to whether it stays monthly or become bi-monthly again.

Until the next edition, I hope you have a lovely Easter!

Eilidh
Editor of The Noticeboard

Loneliness...

is something that affects us all at different points, but it's especially common now in these covid times.

If you feel lonely – you are not alone! 1 in 4 adults feel lonely at the moment, feeling that their need for connection is not being met.

Every day this week we'll be sharing a practical tip to feel better

Tip #1:

START SMALL

It's easy to put something off if it feels too big, so make it so small you can't say no!
• Why not send 1 text today to someone telling them that you're thinking of them?

Remember...

...this too will pass! We don't know when exactly, but at some point there will be hugs and shared pots of tea and parties!

FUNDRAISING LOCALS

As we entered January, we found ourselves still in the hold of covid and yet another lockdown. What usually feels like the longest month of the year felt even longer due to our inability to celebrate the new year with family, get out to meet friends, first footing happened through your own door when you went to get more wood in for the fire and trips were put on hold. However, that didn't stop many people finding a project, new hobby or fundraiser to work on.

Over the month of January many people took up the "50 Mile Fundraiser" for Maggie's Centre. The challenge was to run or walk 50 miles throughout January whilst being sponsored. This challenge was taken up by two of our locals, Ewan Paterson a budding horticulturalist in his 3rd year at SRUC and a member of staff at Munros Nurseries and Kieran Forsyth a Master Saddler who runs Danby

saddlery with his partner Joce, as well as being SSgt Kieran Forsyth Master Saddler in the Northern Scottish and Irish Yeomanry.

Both Ewan and Kieran took up the challenge running 50miles (Plus some extra miles) throughout the month managing to raise a significant number of funds for Maggie's. In total Kieran raised a staggering £1,105 and Ewan raised an amazing £350.

Many people took up this challenge showing that despite the unusual and seemingly never ending circumstances we are living in; we can still find a way to do good and work towards our chosen causes.

Well Done Ewan and Kieran and anyone else who took part in this challenge!

- Article by Eilidh Richmond



New Community Service

Eilean Dubh Home Care is a new home care provider, based in Culbokie, with plans to extend outwards over the north side of the Black Isle.

The business is owned by Iain and Audrey Stewart, of Culbokie, and the service manager is Joanna Dymock. The three of us joined forces last year to develop our ideas for a local care service, and we were delighted to achieve Care Inspectorate registration this year.

The idea of developing a home care service was born in response to the difficulties we saw around us of accessing care and support to enable people with health needs to return to or remain at home. Joanna has been a carer for family members for many years and has experienced first-hand the difficulty in finding care for members of her family. It is essential that people are able to stay in their homes or communities for as long as possible, if that is their preference, indeed most older people do want to stay in their homes as they age. Additionally, younger people with health and support needs may need varying degrees of assistance which can be provided by our service.

Eilean Dubh Home Care will provide care at home to adults 18 years and over with health and social needs impacting on their ability to self-care. Support provided includes assistance with personal care, meal preparation, help to move around, medication and light housework as required to meet the needs of service users. Social outings, managing appointments and companionship time can also be provided.

Our vision is to be 'the most service-user centric home care provider in the Highlands; to build an organisation with which adults with support needs can engage with confidence knowing their health and wellbeing is our *raison d'être*'. We aim to enable those with health and social needs to remain in their own homes and enjoy the greatest independence and quality of life achievable for them. By providing home care services we will help prevent admission to residential care and facilitate discharge from hospital inpatient care. Our values are that of support, respect, compassion, enablement, empowerment, and teamwork. These values are not only focused on our service users and their families, but also our colleagues. Our care approach will be that of enablement and the promotion of independence and we will see all service users first and foremost as individual people – with all their skills, experiences, knowledge, characteristics, and personality that makes them who they are. We pledge to provide high quality, individualised care, in line with the Scottish Government Health and Social Care Standards: *my support, my life*. We will seek feedback both formally and informally from service users and their families to ensure we meet these standards or make improvements where necessary. We will also engage with the Care Inspectorate to ensure we uphold the best standards of care we can. Carers will be employed on the basis of their attitudes and values in addition to skills and experience.

We will grow the service from within the community, hopefully making Eilean Dubh Home Care very much part of the community. We hope to develop and maintain good relations with other community groups and services, in order to best meet the needs of those we will provide care to. We welcome comments, ideas, suggestions, whether positive or negative, which will help us to continually improve our service. Iain, Audrey, and Jo have very different personalities, skills, and experience. We all however are passionate about providing a quality care service, and believe our different abilities combine well to provide a strong management team.

Facebook: <https://www.facebook.com/eileandubhhomecare>

Twitter: <https://twitter.com/EDHomeCare>

Website: (currently under construction) www.edhomecare.co.uk

Email: joanna@edhomecare.co.uk

audrey@edhomecare.co.uk

iain@edhomecare.co.uk

- Article by Joana Dymock

Easter's nearly here now -
Sing, world, sing!



Join us online
for an Easter celebration in song
and word

7.30pm on Saturday 3 April

www.cruparish.online.church

&

Culbokie Church Centre facebook



Culbokie Church Centre activities for Easter

- Good Friday service at 7.30pm on Friday 2nd April
- Easter celebration in song and word at 7.30pm on Saturday 3rd April
- Easter morning service at 11am on Sunday 4th April

All these services will be available online via www.cruparish.online.church and the Culbokie Church Centre Facebook.

Let's lose loneliness

Tip #2:

GET OUTSIDE

Studies have proven that getting outdoors can boost your mood and support your mental health.

You might even bump into someone you know for a quick chat.

- Go for a 5 minute walk around the block
- Don't be afraid of bad weather - 5 minutes in windy or wet weather can really blow the cobwebs away
- Take your cuppo outdoors - listen to the birds and try to notice something small
- Take a dog a walk. It doesn't even have to be your dog! Hanging out with furry friends also helps us feel less lonely

Remember...

...the outdoors is always there! Whenever things get a bit much, a quick blast outside will often help



Happenings at the Hall

To keep everyone up to date with what has been happening in the hall, some of you will have noticed 3 fruit trees planted at the west facing gable end of the hall, these have been donated and planted by members of Transition Black Isle, 2 apples and a plum tree, these are for the enjoyment of everyone, when they bear fruit anyone passing can help themselves to a wee snack.

Although we do not have any user groups making use of the hall, due to the strict restrictions we are all enduring at the moment, we have all the necessary safety precautions in place ready for when we get the green light. The community market is still happening in the car park and we would encourage everyone to support the local businesses who turn out regardless of the weather.

We have had an issue with dumping in the grounds of the hall, after all the time, effort and money spent on smartening up the hall last year we were shocked to find this happening, Environmental Health dealt with the matter quickly and efficiently and we would hope this is the end of the matter.

We have a group of fantastic volunteers going to 'hit' the back and front grounds of the hall to tidy that up too. We have been contacted by Toddlers wishing to use the back garden and we are delighted to see this great wee space getting used by the youngsters of the community.

We are always looking for volunteers to come and help the hall in any way possible, if you feel you can spare some time or have any ideas on helping the village hall please contact us on our Facebook page or <https://www.culbokie.info/>

- Article By Sheila Robinson (Chair of Findon Hall Committee)



Martin Sherring from Transition Black Isle planting the fruit trees outside Findon Hall

(Photo Copyright Transition Black Isle from their Facebook Page)

Steady progress is being made on the History pages

A new topic has been posted in Social History "Village School 2007 - " detailing the building of the replacement primary school.

New information has been posted for Alexander Ross in "People of Culbokie".

We have made a start on recording the role played by the Templars in Culbokie.

We have submitted details of the Group to ScARF, an organisation recording details of Groups gathering information of the heritage of their communities.

Two press photographs of the early days of the Senior Citizens Christmas party have come to light and are available through the Social History/Community Activities page.

If you'd like to help or have any information on this or any of our topics that you think might be of interest, please contact history@culbokiect.org

- Article by Roger Piercy
<https://www.culbokiect.org/historyofculbokie.asp>

Let's lose loneliness

Tip #3: **MAKE THE INTERNET WORK FOR YOU**

The internet can connect us AND make us feel disconnected.
Be aware of how you feel while online, and step away from anything that doesn't add to your day.

- Do something fun to connect with your people online: have dinner together, bake the same cake and eat it together or play online games against each other. Be silly! Why not call a fancy dress family meet?
- Connect with other people through your hobbies - join an online group who like the same thing as you.
- There is lots of support online if loneliness gets on top of you:
<https://sidebyside.mind.org.uk/>

Remember...

...to take a break from your screen! Try and get up and move every 45 minutes: do a stretch or go outside for a breath of air.

Schoolkids now get hopscotch, not wet feet, on way to woods! - 1/2

Culbokie Primary and Nursery classes regularly go into the Woods for sessions, and take a little-known short-cut at the corner by Woodholme Croft. For a long time there has been a large wet bit - often a lake - at the entrance. This was quite an obstacle for the wee yins (or rather for their teachers to get them past, dry!) - a big leap even for grown-ups if not in wellies.

Now, problem solved. Thanks to Brenda, Alistair and Peter Macintyre of Findon Farms, with George all-important at the machine controls and handling slabs of rock, a load of hard core was quickly spread as foundation for a causeway of field stones. Our picture shows local resident Fiona, looking delighted, as she walks the dog that way every day.



SPRUCE INVADER – 2/2

If you go that way, and elsewhere in the woods, you may see where small fir trees have been cut down by hand and neatly flattened. This is Culbokie Woods Group volunteers, with Forestry Scotland approval, preserving the beautiful, spacious character of the Scots pine groves. This is our national tree, our only one of this kind. You can easily recognise it by the lovely orangey bark higher up. It's famous in forests like Rothiemurchus and Glen Affric. The trees we are removing are **sitka spruce** - the horrid prickly ones, although when small they are popular for christmas trees. Sitka was planted elsewhere in the woods, and is now seeding rapidly everywhere (and even beyond). It grows much quicker and very densely, stifling flowers, mosses, heather, blaeberry at ground level, and preventing deciduous trees like birch and rowan playing their part. It's not good for wildlife either.

We can only hope to keep the best pine stands sitka-free - our annual work parties have already tackled the hillocks where the school groups play, and the Glascairn ridge beyond the Dun. Feel free to lend a hand! Pulling out seedlings is very easy - with gloves - remember, only weed out the prickly ones!

The Black Isle Photographic Competition 2021

Following Culbokie Community Trust's' announcement of the 2021 Photo Competition, several of us have been on the alert for photo opportunities while out and about on the Black Isle. The challenge this year is to capture three digital images on the theme, '**Food and Drink of the Black Isle.**' With the closing date on the last day of July, there are four months to get snapping. For those of us who need a trigger for subject ideas, here is the first of our Photo Prompt series that will be included in each edition of *Noticeboard* through the spring and summer.

After delving into our archives of photos to find images that could potentially fit the theme, we've found two that may stimulate ideas. – Article by Angie Morris



Photo prompt 1: *Tasty Pickings*, Dunvornie.



Photo prompt 2: *Fungi*, Upper Knockbain Wood

Culbokie Community Trust invites entries for the

BLACK ISLE 2021

photographic competition

OPEN TO ALL AGES:


First-time photographers and keen amateurs
Enter a maximum of three digital photographs

DEADLINE: 31st July 2021

THEME: 'Food and Drink of the Black Isle'
In the landscape, seashore or on the table...

Rules and entry forms available on the CCT website
www.culbokiect.org or email event@culbokiect.org

Competition sponsor:

 **Tulloch Homes**



'Lone Poppy' photograph by Astrid Fraser, Fortrose 2020

Let's lose loneliness

Tip #4: **GET MOVING**

Moving your body helps your mind and under current covid rules you can meet with another adult for socially distant exercise.

- Go for a quick walk with a friend each day
<https://themuirhub.org/walks-around-the-muir/>
- Go biking! Now the ice has melted there's an amazing number of local routes to explore:
<https://www.transitionblackisle.org/community-cycle-links.asp>

Join an online exercise group: there's an amazing variety online and several local Muir of Ord groups are still running online - you could get your pals involved too if a little peer pressure helps you turn up!

Remember...

...to start small: little changes are easier to keep up than a new 2 hr workout!! Why not try doing one little thing daily, like a stretch or a walk?

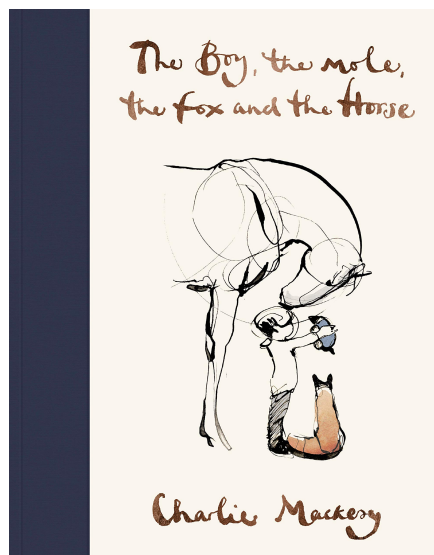


BOOK OF THE MONTH

“The Boy, the Mole, the Fox and the Horse by Charlie MacKesy”

This book is one of the loveliest books I have ever had the pleasure of reading. It follows the story of these four friends and is filled with heart-warming words of wisdom that you will find yourself appreciating and taking away with you. Whether it's a book for reading to your children or a book for yourself to curl up with, this is definitely a book for everyone.

You can either read the book and enjoy Charlie's story along with his beautiful illustrations or you can listen to the book on BBC Sounds read by Charlie MacKesy himself



Culbokie Community Outdoor Market
Every Saturday 10.00-11.00
Findon Hall Car Park

High quality local food

- **Pro Fish**
- **Highland Prime (chcken, beef, bacon, sausages etc.)**
- **Venison**
- **The Chocolate Place**
- **Preserves, sweet treats, chilli sauces and more**

Please wear a face covering at the market

Contactless card payments for most purchases

Social distancing will be observed



Culbokie Sharing Shed
Open Every Day 0900-1800 (2000 on Wed)
Many thanks for your continued support and donations.

Please keep them coming.
Just a reminder that items should be in date, clean and no clothing etc please

NEW - Craft section - with a variety of wool/kits/sewing things etc

Plus space for garden plants outside, and a box for small garden equipment items

Everyone is welcome to make use of the shed

To keep up-to-date with what's available join the Culbokie Sharing Shed group on Facebook at:

<https://www.facebook.com/groups/343545136916931/>

THE BIG EASTER QUIZ!!!

1. On average, how many Easter Eggs do children receive each year?

- a) 8
- b) 12
- c) 4
- d) 1

2. Why are there 11 balls of marzipan on a traditional simnel cake?

- a) They represent a baker's dozen
- b) They represent Jesus and the apostles (minus Judas)
- c) Good Friday originally fell on 11th March
- d) Easter lunches were originally for 10 people and the 11th slice is considered to be a holy offering

3. Which of these ingredients is not traditionally in hot cross buns?

- a) Ginger
- b) Saffron
- c) Coriander
- d) Nutmeg

4. The Easter bunny was originally depicted as a hare, but from which European country does he originate?

- a) Germany
- b) Denmark
- c) Italy
- d) Wales

5. What does the rabbit in Alice In Wonderland always carry with him?

- a) An Easter egg
- b) A pocket watch
- c) An umbrella
- d) A mobile phone

6. Who presents Junior Bake Off?

- a) Harry Hill

- b) David Walliams
- c) Ant and Dec
- d) Little Mix

7. How long does it take for an egg to fully form before it is laid?

- a) Three hours
- b) 12 hours
- c) 26 hours
- d) A week and a half

8. The world's largest chocolate Easter egg was created by an Italian chocolatier. It was 10.39 metres tall. How much did it weigh?

- a) Around the weight of a giraffe
- b) Around the same weight as a car
- c) Around the weight of a large African elephant
- d) Around the weight of a double decker bus

9. Which Disney film does the rabbit Thumper appear in?

- a) Bambi
- b) Beauty and the Beast
- c) Dumbo
- d) Cinderella

10. Some countries have a different animal delivering eggs instead of the Easter bunny. What bird delivers eggs in Switzerland?

- a) Penguin
- b) Ostrich
- c) Cuckoo
- d) Puffin

11. England and Wales traditionally have a day off on Easter Monday. What do we call this?

- a) Happy Monday
- b) Bank Holiday
- c) Fun Day
- d) National Lie-in Day

12. What happens to the clocks in spring?

- a) They go forward
- b) They go back
- c) They all stop
- d) They're all replaced with the sound of dogs barking

13. What part of the cocoa plant is chocolate made from?

- a) Beans
- b) Leaves
- c) Berries
- d) Flowers

14. Why do many Easter eggs have a crocodile or fish scale design on them?

- a) To represent the fish eaten on Good Friday
- b) To cover up any imperfections in the chocolate
- c) Just to look pretty
- d) The design is inspired by a valuable Fabergé egg

15. Eggs have been the symbol of life for centuries. The act of giving eggs as gifts dates back to which civilisation?

- a) Romans
- b) Egyptians
- c) Persians
- d) All of the above

16. Egg rolling – an Easter game of rolling decorated hard-boiled eggs down a hill – has been a tradition across Europe for centuries. It's now an annual event at which famous landmark?

- a) The Leaning Tower of Pisa
- b) The Eiffel Tower
- c) The White House
- d) Buckingham Palace

17. What meat is traditionally eaten on Easter Sunday?

- a) Chicken
- b) Beef
- c) Pork
- d) Lamb

18. Who wrote The Tale of Peter Rabbit?

- a) Beatrix Potter

- b) JK Rowling
- c) Jacqueline Wilson
- d) Roald Dahl

19. How many Creme Eggs do Cadbury make each day?

- a) 100,000
- b) 500,000
- c) 1 million
- d) 1.5 million

20. Darius, a Flemish Giant Rabbit who lives in the Midlands, is the world's largest bunny rabbit. How big is he?

- a) 60 centimetres
- b) A little over 1 metre
- c) 5 metres
- d) 25 metres

ANSWERS WILL BE AVAILABLE IN THE NEXT EDITION OF THE NOTICEBOARD

Answers to last editions word quiz

1. *Abundance* 2. *Balaclava* 3. *Candidate* 4. *Difficult* 5. *Embroider*
6. *Gibberish* 7. *Hibernate* 8. *Interrupt* 9. *Margarine* 10. *Firmament*

CULBOKIE COMMUNITY TRUST

Strong heart, healthy community

Glascairn Community Project Update

Everyone in the village will have noticed that Tulloch Homes are making rapid progress on their housing development site and are probably wondering why the Community Trust has been so quiet about its own plans for a new village green and community hub. Their reason for this is that, although things are progressing well, we haven't passed any major milestones due to a range of complicated legal and technical issues.

The situation now is that we expect to have some very positive developments to report on shortly. These include: completion of the land exchange deal with Tulloch Homes to enable CCT to deliver on its plan for the Glascairn Community Project; submission of our full planning application for the community hub and village green; and the sale of land to Cairn Housing for an additional 6 affordable homes.

We are approaching an exciting time when we will begin to see the bare bones of our new village green emerge on this prominent site in the village. CCT will be responsible for taking this and creating a beautiful, interesting, relaxing and biodiverse social space for the whole village. This will be very much in accordance with the ideas put forward by the community and then consulted on and agreed in 2019. Once all permissions are in place, we will be completing the funding package for implementing the plan and hope we can rely on many local volunteers to help with tree and orchard planting work next winter.

In the meantime, some of you will have noticed that Tulloch Homes are carrying out some landscaping around the shop area. This is a temporary measure, purely for their own presentational purposes. This will be removed after the summer in order that our own naturalistic and bee-friendly design can be implemented. We will aim to ensure that all temporary plants are recycled.

- Article by Penny Edwards

Culbokie Community Cycle Club

Culbokie's very own cycling club!

Conditions haven't been great for group rides recently, what with snow, ice and, of course, covid-19 rules. But over the winter the club organised a special lockdown challenge to cycle to as many as possible from a list of 21 local places of interest, some well-known, like the Cloutie Well and Urquhart old graveyard, some a bit less well-known – the henges in Conon Bridge and at Teanagairn, for instance. As far as we know, no-one has visited all of them yet, so why not have a look at [the list](#), and [the map](#) showing where they are, and see what you can discover?

And for those who prefer company on their bike rides, now that Spring has sprung, the days are lengthening, and lockdown restrictions for cycling have eased, the club is restarting its series of regular led rides. These will take place on Monday evenings, starting from the recycling car park next to the football ground at 6.30 pm, and also at lunchtimes midweek, and at weekends, depending on the availability of leaders — so why not get your bike out, dust it down and join us?

Our rides are social rides, generally lasting an hour or so. We aim to have a ratio of 5 riders to each of our trained ride leaders to meet the current Covid-19 guidelines and could, if there are sufficient numbers, split into two groups to suit different abilities. We want the rides to be enjoyable and will go at the speed of the slowest with routes chosen to suit the experience of the riders.

Everyone who joins us on our rides needs to be a member but membership of the club is free and open to anyone aged 16 or over. If you'd like to join us, please complete our [membership form](#).

- Article by Martin Sherring



OSTARA AND THE EASTER BUNNY

Once there was a beautiful Goddess called Ostara. She was the Goddess of Dawn and she was responsible for bringing spring each year.

One year she arrived late and felt terribly guilty. To make matters worse, she arrived to find a pitiful little bird who lay dying, his wings frozen by the snow. Lovingly, Ostara cradled the shivering creature and saved his life.

She then made him her pet. Feeling sad as he could no longer fly because of his frost-damaged wings, the Goddess Ostara turned him into a snow hare and gave him the name Lepus. She also gave him the gift of being able to run with astonishing speed so he could easily evade all the hunters.

To honour his earlier form as a bird, she also gave him the ability to lay eggs, but he was only able to lay the eggs on one day out of the year.

One day, Ostara came home from picking flowers and found that Lepus had fallen in love with a beautiful brown Hare. Ostara became angry and banished Lepus to the skies where he would remain for eternity as the constellation Lepus, forever positioned under the feet of the constellation Orion.

But later, remembering all the good times they had enjoyed once, Ostara softened a bit and allowed the hare to return to Earth once each year, but only to give away his eggs to the children attending the Ostara festivals that are held each spring.

HAPPY



EASTER